






# 18 Enlightening Facts about Caregivers

and Why We Should Appreciate Them More

## Duties

-  Assist in accomplishing the Activities of Daily Living such as bathing, dressing, grooming, eating, toileting, and moving
-  Prepare meals and clean up
-  Help in house chores
-  Give medical needs and reminders
-  Provide companionship



## Statistics

**34%** have a full-time job



**25%** work part-time

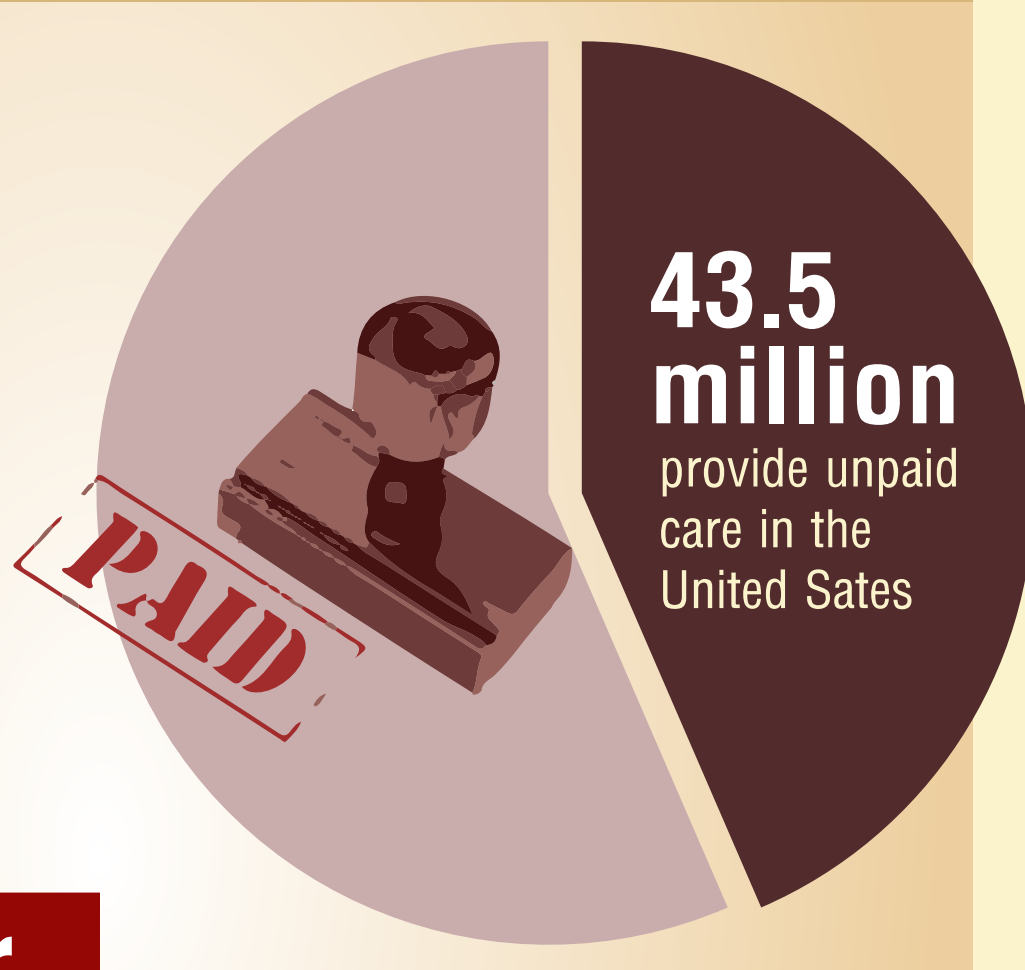
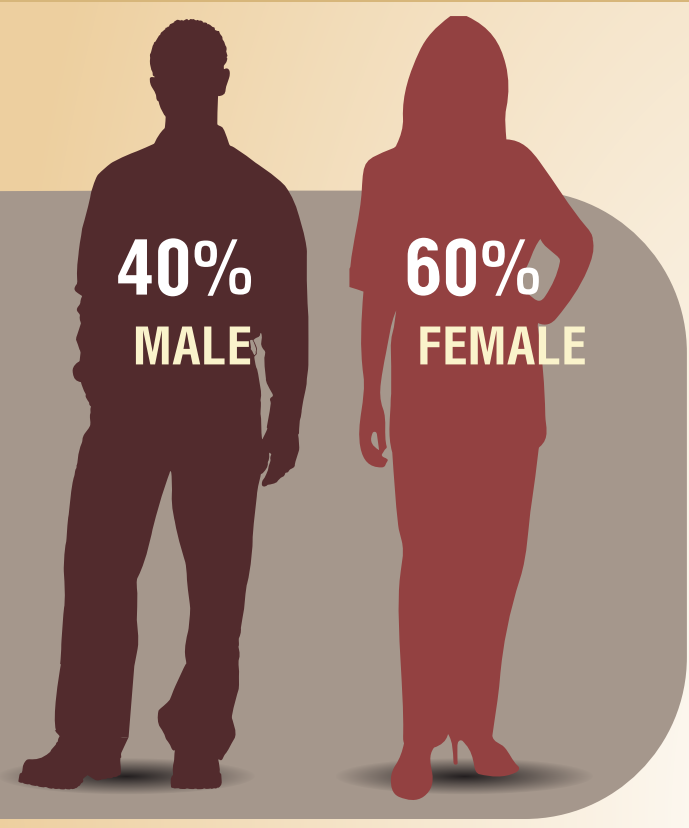


Average age of a caregiver: **49.2**  
Average age of a care recipient: **69**

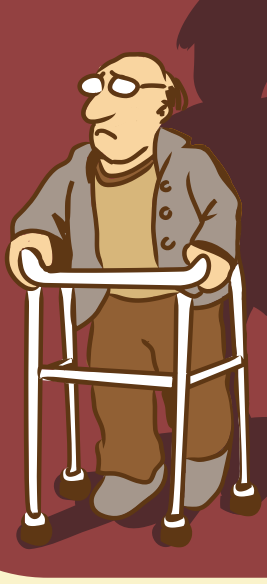
**24%** of caregivers are millennials between ages **18 and 34**



### Caregivers in the United States:



## Family Caregiver



**43%** of family caregivers receive no help from their siblings



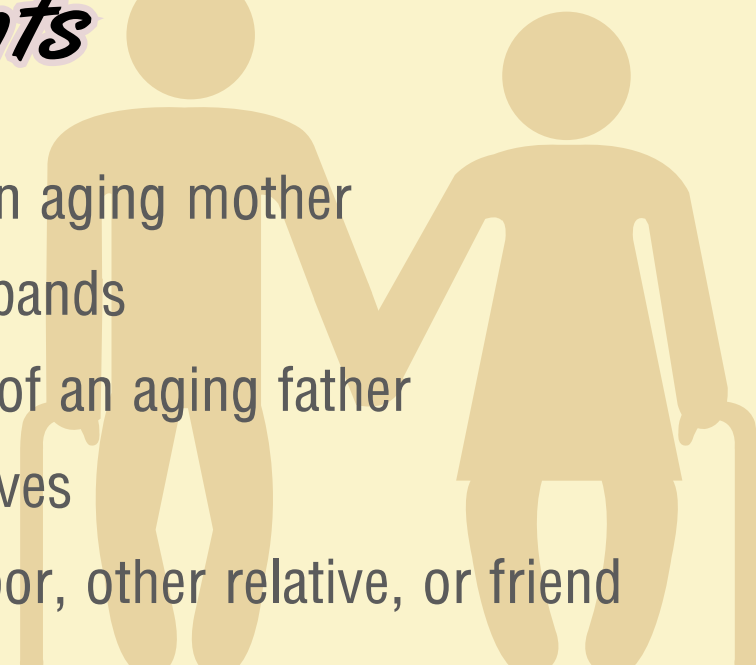
**87%** spousal caregivers live in the same home



**35%** of children caregivers reside in the same place as their parents

### Caregivers and their recipients

- 50%** - adult children caring for an aging mother
- 17%** - wives caring for their husbands
- 10%** - adult children taking care of an aging father
- 7%** - husbands caring for their wives
- 16%** - people caring for a neighbor, other relative, or friend



**57%** of caregivers have been caring for family members for more than 3 years

## Effects of caregiving

**1 in 5** caregivers experiences high levels of physical strain. caregivers experiences financial problems.



**2 in 5** caregivers experience emotional stress.



**3 in 5** working caregivers have experienced at least **one impact** in their employment situation.



Unpaid caregivers who provide care for

**21 to 60 hours**

a week are likely to suffer emotional stress as well as physical and financial strain.



## Care for the Caregiver

**49%** of caregivers turn to online communities for support after the first year.



**26%** of caregivers look to online forums for support right after they begin providing care.



### Ways to self-care:

-  Take a rest
-  Join support groups
-  Proper exercise and a well-balanced diet
-  Go out with friends
-  Regular medical checkups

### Workplace Benefits for Caregivers

- 53%** - flexible working hours
- 52%** - paid sick days
- 32%** - paid family leave
- 23%** - employee assistance programs
- 22%** - telecommuting

### Resources

National Alliance for Caregiving and AARP. Caregiving in the US. June 2015  
AgingCare.com. The State of Caregiving: 2015 Report. 2015  
US Department of Health and Human Services. Activities of Daily Living. Retrieved 2016

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